

Capital City Wellness Project aims to support downtown employees

About 35,000 employees of state and local government, and businesses who work in downtown Topeka will have the opportunity to participate in a new initiative to promote physical activity and improved nutrition.

The Capital City Wellness Project, launched on April 4, will promote physical activity and increased consumption of fruits and vegetables through monthly themed-walks, fun activities on the Capitol lawn, and cooking events at the Wednesday Farmers' market. The project will focus on topics such as reducing stress through physical activity, how to select, store, and prepare a variety of fruits and veggies, and more.



The project, funded by the Sunflower Foundation, is led by delegates from approximately 35 downtown Topeka organizations and coordinated by the Kansas Department of Health and Environment (KDHE) as part of the Governor's HealthyKansas initiative.

Kansas Lt. Gov. Mark Parkinson emphasizes the importance of regular physical activity and eating healthy during the April 4 kickoff rally of the Capital City Wellness Project on the Statehouse steps. The first Friday of each month is scheduled for a special noon-time activity – see the Web site for upcoming events.

“Personal wellness involves eating right and participating in physical activity,” stated Jennifer Church, Nutrition and Physical Activity Coordinator with the KDHE Office of Health Promotion. “In general, people should be active for at least 30 minutes and consume a variety of fruits and vegetables every day.”

According to the 2006 Kansas Behavioral Risk Factor Surveillance System Survey, more than 60 percent of Kansans are overweight or obese, 51 percent do not participate in the recommended amount of physical activity, and 80 percent do not consume at least five servings of fruits and vegetables per day. Exercise and eating the proper amounts of fruits and vegetables can help reduce the risk of chronic diseases and many types of cancer.

The Capitol Midweek Farmer's Market is part of the Capital City Wellness Project and features locally grown produce within walking distance of downtown businesses. The Farmer's Market is open every Wednesday, from May 21 to October 15, between 8:30 a.m. to 1 p.m. at the corner of 10th Ave. and S.W. Jackson St. on the Capitol grounds.



To learn more about the Capital City Wellness Project, please visit www.kdheks.gov/capitalcitywellness.

For more information about getting more physical activity, eating healthy and avoiding tobacco, go to www.healthykansas.org and take the HealthyKansas pledge.